Fergie's

FAVORITE RECIPES AND FONDEST MEMORIES

Written by: Louella "Fergie" Dickey

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Written by: Louella "Fergie" Dickey

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Introduction.

Fergies Kitchen

"A Florida transplant's guide to living, loving and cooking the Southern way. It's dedicated to all free-spirited women of age who seek independence, fun-filled days and many dear friends. "

I became a 'Florida transplant' the year my husband died. It was 1989, and though it brought sadness, it also brought opportunity; for not long after his death, my youngest daughter (who resided in Florida with a five- year- old daughter) phoned for help. It took me exactly four days to put my affairs in order, pack and make the transition from Midwestern homemaker and widow to roommate. It was time to go to my daughter and grand-daughter in Largo, Florida. The year that followed can hardly be described; there were lots of tears, stress, and weight loss.

To compensate for all of the above we shopped, shopped, and shopped some more. We shopped before work, after work, after school and every weekend. We bought closets worth of beautiful new clothes that we shared, and our petite bodies were covered very well.

When we weren't shopping we were cooking. The following pages contain the tried comfort food recipes for stressed-out bodies and shattered emotions, with intermittent stories throughout. This book is a way of moving forward in one's life. These recipes helped us get through each day with less tears and more laughter, and it is my hope it can do the same for you.

Enjoy,

Fergie

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Dedication.

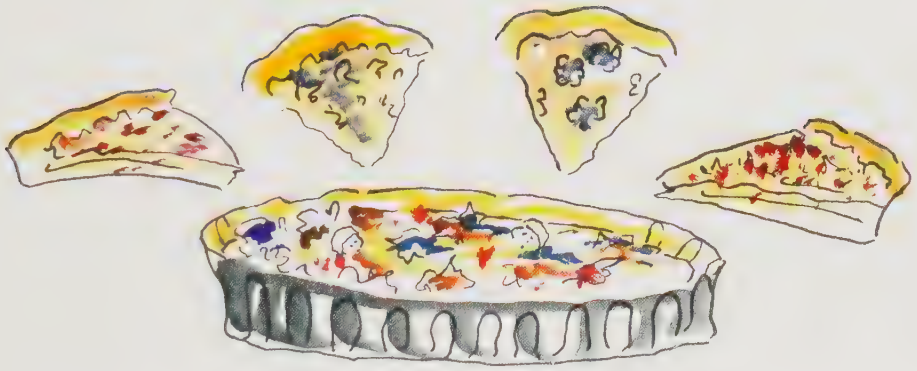
Breakfast for Champions.

Growing up in the 1930's and 1940's

It was an amazing experience growing up in the 30's and 40's. Just think of it: the turn of the century was only a few years in the past and the technology and fashion was incredible. My grandmother wore enormous hats with wide brims covered in dozens of turkey feathers and multi-layered skirts with petticoats. Cars were still a brand new thing; in fact, my father built his own. It had no roof or doors and had small steps that led to each seat. It was very classy, and he even had a spittoon on each side for added pizzazz!

In downtown Minneapolis, Minnesota, where I spent my childhood, was a park I frequented (it is currently the Minneapolis Institute of Art). As a little girl, my father took my brother and me to this park, surrounded on all sides by bleachers, to watch Wild Bill Hickok. He would charge out of the side gate, whooping and yelling, guns a-blazing, with a tribe of Indians on his tail. There was a good reason he was called 'Wild' Bill.

Then there was the telephone - remember those first ones? Our family's telephone looked like a black candlestick. I can still remember our phone number - it was Regent 8965. Once, when I was in high school, I helped out in the office of the old Park Plaza Hotel. They had a big switchboard with lots of wires and plugs and the operator wore earphones. For ten minutes I watched for incoming calls that would light up the board. When one would come in I would grab a plug with a long cord and try to connect it to the appropriate party, which was darn near impossible. It was quite the disaster!



"C'est Si Bon"

Cheesy Potatoes

Ingrd

1 30-ounce bag shredded potatoes, frozen
1 can cream of mushroom soup
1 can cream of chicken soup
1 small onion, finely chopped
3 cups cheddar cheese, shredded
1 pint sour cream
½ cup butter, melted and divided evenly
Salt & pepper, to taste
1 8-ounce bag Pepperidge Farm stuffing

Prep

Preheat oven to 375 degrees.
Mix together all ingredients except the stuffing and ¼ cup of butter, and place into a 9" x 13" ungreased pan. In a separate bowl, mix bag of stuffing with remaining butter and spread on top of potato mixture. Cook for 40 minutes covered; uncover and cook until top is crunchy, approximately 45 additional minutes.
Makes 6 servings.

Caramelized Bacon

Ingrd

12 ounces thick sliced bacon, preferably apple wood smoked
½ cup light brown sugar, firmly packed
2 tablespoons water
½ teaspoon ground red pepper

Prep

Preheat oven to 375 degrees.
Line 12"x17" jelly roll pan with heavy duty aluminum foil. Spray wire rack with nonstick cooking spray and place in prepared pan. Cut bacon in half crosswise and arrange in single layer on prepared wire rack. Combine sugar, water and red pepper in small bowl. Mix well and brush generously over surface of bacon. Bake 20 to 25 minutes; let cool.
Makes 6 servings.

Basic Quiche Crust

Ingrd

1 ½ cups flour
½ cup vegetable shortening
Pinch of salt
Cold water

Prep

Preheat oven to 375 degrees.
Mix ingredients with pastry blender; add drops of cold water until dough begins to hold together. Roll into ball and place in refrigerator to chill. Roll chilled dough between two pieces of wax paper and place into 8 to 9 inch round quiche pan. Keep in refrigerator until ready to fill and bake.
Makes 6 to 8 servings.

Basic Quiche Recipe

Ingrd

¼ cup Swiss cheese, shredded
2 cups cheddar cheese, shredded
1 ½ cups half and half cream
Pinch of salt
5 eggs, beaten
1 cup cooked broccoli or asparagus, chopped
1 tablespoon Parmesan cheese, grated
½ tablespoon nutmeg
½ tablespoon white pepper

Prep

Preheat oven to 375 degrees.
Prepare crust using basic quiche crust recipe; add Swiss and cheddar cheeses. Mix together the cream, salt and eggs; pour over the cheeses. Top with assorted veggies and sprinkle with Parmesan cheese as desired. Bake for 40-45 minutes.
Makes 6 to 8 servings.

Spinach Quiche

Ingrd

½ 10-ounce box frozen spinach
1 tablespoon sour cream
1 teaspoon horseradish sauce
2 cups cheddar jack cheese, shredded
1 tablespoon feta cheese, crumbled
1 tablespoon Parmesan cheese
½ tablespoon nutmeg
½ tablespoon white pepper

Prep

Preheat oven to 375 degrees.
Prepare crust using basic quiche crust recipe. In a separate bowl, mix spinach with sour cream and horseradish sauce. Sprinkle 1 cup cheddar jack cheese over crust, then top with spinach mixture. Sprinkle remainder of cheddar jack cheese over spinach mixture. Top with feta cheese and sprinkle with Parmesan. Bake for 45 minutes.
Makes 6 to 8 servings.

Southwest Quiche

Ingrd

¼ cup Monterey jack cheese, shredded
¼ cup cheddar cheese, shredded
¼ cup Mexican cheese, shredded
1 cup Jalapeño jack cheese, shredded
1 avocado, cubed
1 tablespoon sour cream
1 leek, white part only, sliced
1 tomato, thinly sliced
1 tablespoon chilies, drained and chopped
¼ cup corn kernels
1 tablespoon black olives, chopped
1 tablespoon Parmesan cheese
½ tablespoon nutmeg
½ tablespoon white pepper

Prep

Preheat oven to 375 degrees.
Prepare crust using basic quiche crust recipe. Prepare basic quiche filling; set aside. Mix together all shredded cheeses and fill prepared crust, reserving ½ cup. Mix avocado and sour cream together. Add leek, tomato and avocado mixture to quiche; sprinkle with chilies, corn kernels, black olives and remainder of the cheese mixture. Top with basic quiche filling. Sprinkle with Parmesan cheese and bake for 45 minutes.
Makes 4 to 6 servings.

Blue Cheese Quiche

Ingrd

½ cup leeks, chopped
2 8-ounce packages of cream cheese, cut into
1 inch cubes
½ cup blue cheese, crumbled
⅓ cup sour cream
2 tablespoons parsley, chopped
4 eggs
⅛ teaspoon salt
⅛ teaspoon pepper

Prep

Preheat oven to 375 degrees.
Prepare crust using basic quiche crust recipe. Sauté leeks in butter until tender. In a food processor, add leeks, cream cheese, blue cheese, sour cream and parsley. Process 4-6 seconds until smooth. Add eggs and seasonings. Process 20 to 25 seconds or until well combined. Pour into prepared quiche crust and bake for 20 to 30 minutes.
Makes 6 to 8 servings.

Cheese Strata

Ingrd

- 8 slices bread, cubed
- ¾ pound sharp cheddar cheese, grated
- 1 ½ pound medium spicy ground sausage, sautéed
- 1 10-ounce package frozen broccoli, cooked and chopped
- 4 eggs, slightly beaten
- 2 ½ cups milk
- 1 teaspoon dry mustard
- 1 teaspoon salt

Prep

Preheat oven to 325 degrees.
Layer bread, cheese, sausage, and broccoli in greased 9" x 13" pan. Mix together eggs, milk, mustard and salt. Pour over layered ingredients. Cover and refrigerate overnight. Uncover and bake for 1 ½ hours. Let stand for 10 minutes; cut into squares.
Makes 8 to 10 servings.

Shrimp and Deviled Eggs

Ingrd

1 pound frozen shrimp, cooked, deveined, tails off
8 eggs, hard boiled
1 teaspoon honey mustard
½ teaspoon salt
⅔ cup mayonnaise
¾ teaspoon curry powder
½ teaspoon paprika
1 package English muffins

Cheddar Sauce:
½ cup butter
6 tablespoons flour
2 ½ cups half and half cream
1 tablespoon chicken base
1 ½ cups sharp cheddar cheese, grated
½ small onion, grated
½ teaspoon dry mustard
½ teaspoon Worcestershire sauce

with Cheddar Sauce

Preheat oven to 375 degrees.
Warm shrimp in hot water until thawed; set aside. Cut eggs in half lengthwise and place yolks in bowl. Mix in honey mustard, salt, mayonnaise, curry powder and paprika. Place mixture into whites of egg and place into an 8"x10"glass or ceramic baking dish. To make the sauce, melt butter in a medium saucepan; add flour and heat for 3 minutes, stirring continuously. Gradually add cream and chicken base. Stir until thickened. Add remaining sauce ingredients and stir until melted and blended. Pour over eggs. Bake for 15 minutes. Spoon over toasted English muffins and top with shrimp.
Makes 8 servings.

Salads for Life.

The 1940's: Summertime

Nothing was more fun than going to camp in the summer. My brother went to Camp Lincoln and I went to Camp Lake Hubert near Gull Lake in northern Minnesota. The grounds were, and still are, magnificent. The cabins were also quite something, with a main floor area for the counselors, separate rooms on each side for the campers and a top floor to house even more campers. Everything was in common; the only private place you had was your bed. It didn't matter though. Life was grand and even the out-house didn't seem that bad of a place when you got to spend summer at camp.

The drive to camp was another thing entirely. There was a war going on in Europe and gasoline was rationed. Rubber tires were hard to come by and anything that had to do with car materials was scarce. Our family had to prepare in advance for any long trip and the 150-mile trip to camp was long when gas and tires were hard to come by.

Our family also had a 'Victory Garden' in which we grew our own produce so the big farms could concentrate on feeding the troops. My mother, father and grandfather would package up veggies from our garden and send them to my brother and me at camp as special treats.

This changed during the war. We had meatless Fridays. Margarine replaced butter. The popcorn left over from the movies was ground down into cereal. Fashion changed; skirts became shorter to save on material. Silk stockings became less popular so the silk could be utilized for parachutes. None of us cared, of course.

We were united in our cause to have victory.

There were many times I was homesick at camp because I was away for the entire summer. My sadness, however, would disappear when the two camps got together for a carnival or for a regatta on the lake. It was then I got a chance to see my brother! He was four years older than I and would, of course, preferred that I got lost. But I still felt good just knowing he was around.

I learned how to ride a horse during those summers. I also learned how to shoot a rifle, sail a boat and become a proficient archer. The summers were warm and we would drink 'belly wash' - I suppose it was just punch but to me it was nectar of the gods. They were wonderful years and I feel privileged to have been able to experience them, even through World War II.

Stuffed Deviled Tomatoes

Ingrd

4 hardboiled eggs, peeled
¾ cup mozzarella cheese, shredded
2 tablespoons sour cream or low fat sour cream
1 tablespoon fresh Italian parsley, minced
2 teaspoons Dijon mustard
1 teaspoon cider vinegar
Sea salt and freshly ground pepper, to taste
3 drops hot sauce
¾ pounds small ripe plum tomatoes, about 15, cut in half lengthwise

Prep

Separate the whites from the yolks of the eggs and mince both separately. Place half of the whites and all of the yolks in a large bowl. Stir in the mozzarella, sour cream, parsley, mustard and vinegar. Season with salt, pepper and hot sauce. Using a spoon, gently scoop the seeds out of each tomato half. Place a heaping teaspoon of the egg mixture in each tomato half. Top the tomatoes with the remaining egg whites. Serve immediately, or cover and refrigerate.
Makes 4 to 6 servings.

Tropical Chicken Salad

Ingrd

1 - 48 ounce large can chicken breast piece
1 - 14.5 ounce can of pineapple chunks
1 small bunch of seedless red grapes, halved
½ teaspoon dill weed
¼ cup honey
½ cup mayonnaise
Salt and pepper, to taste
2 dashes Tabasco sauce (optional)

Prep

Mix together chicken, pineapple and grapes. Add dill weed and honey; add mayonnaise. Stir to desired consistency. Add salt, pepper and Tabasco sauce. Mix all ingredients well; chill before serving.
Makes 4 servings.

Ant's Pasta Salad and Dressing

Ingrd

½ head Romaine lettuce
½ head radicchio
1 cup ditalini pasta, cooked
½ pound bacon, cooked and crumbled
⅓ cup Gorgonzola cheese, crumbled
¼ cup chicken breast, finely chopped
¼ cup red onions, chopped
½ cup walnuts
½ cup kalamata olives, chopped and pitted
¼ cup pepperoncini's, chopped

Dressing:
½ cup balsamic vinegar
1 cup extra virgin olive oil
1 cup granulated sugar
1 tablespoon dry mustard
1 clove garlic, minced
¼ cup water
½ cup red wine
½ teaspoon red pepper flakes

Prep

In large bowl, combine all salad ingredients. In another bowl, combine all dressing ingredients; mix well. Pour over salad and toss to distribute dressing evenly.
Makes 10 servings.

Wild Rice Salad

Ingrd

3 cups wild rice, cooked
½ pound fresh mushrooms
4 scallions, chopped
¼ cup black olives, chopped
½ cup plum tomatoes, chopped
8 ounces marinated artichokes
½ green pepper, chopped
¼ cup water chestnuts

Dressing:
⅓ cup olive oil
2-3 tablespoons white wine or white vinegar
1 teaspoon Dijon mustard
½ teaspoon dried dill weed or1 teaspoon, if fresh
Salt and pepper, to taste

Prep

In large bowl, combine all salad ingredients. In another bowl, combine all dressing ingredients; mix well. Pour over salad and toss to distribute dressing evenly.
Makes 6 servings.

Napa Cabbage Salad

Ingrd

3 packages Ramen Noodles, beef flavor
6 tablespoons butter
1 cup sliced almonds
2 heads Napa cabbage, thinly sliced
12-15 green onions, sliced
2 medium red peppers, chopped

Dressing:
2 cups salad oil
⅔ cup rice wine vinegar
1 ⅓ cup granulated sugar
2 teaspoons black pepper
Several drops sesame oil

Prep

Break apart Ramen noodles. Melt butter in sauté pan; add ramen noodles. Once noodles are coated with butter, add Ramen noodle seasoning packets and sliced almonds and set aside. In another bowl, mix together all remaining salad ingredients; combine with noodle mixture. In another bowl, combine all dressing ingredients; mix well. Pour over salad and toss to distribute dressing evenly.
Makes 8 servings.

Sugared Walnuts

Ingrd

1 cup walnuts
1 cup water
¼ cup granulated sugar
¼ cup light corn syrup
2 ½ tablespoons butter

Prep

Place water and walnuts in a saucepan; bring to boil for 1 minute. Remove from heat; drain. Return walnuts to pan, add sugar and syrup; stir until well coated. Return to heat and simmer for 10 minutes. Melt butter in skillet; stir in sugared walnuts. Using a slotted spoon, remove walnuts from syrup and place on oiled wax paper. Let cool. Can be used in salads or any recipe using nuts. Makes 1 cup.

1887 Salad

Ingrd

½ head iceberg lettuce
1 tomato, diced
1 stalk celery, diced
3 ounces Swiss cheese, julienned
2 green onions, diced
3 ounces ham, julienned
¼ cup Spanish olives, pitted
2 tablespoons Romano Cheese

Dressing:
4 garlic cloves, minced
1 teaspoon oregano
1 teaspoon Worcestershire sauce
½ cup olive oil
⅛ cup white wine vinegar
Salt and pepper, to taste
½ lemon, squeezed

Prep

Preheat oven to 375 degrees.
Mix together all ingredients except the stuffing and ¼ cup of butter, and place into a 9" x 13" ungreased pan. In a separate bowl, mix bag of stuffing with remaining butter and spread on top of potato mixture. Cook for 40 minutes covered; uncover and cook until top is crunchy, approximately 45 additional minutes.
Makes 6 servings.

Broccoli Salad

Ingrd

1 cup of mayonnaise
½ cup granulated sugar
1 head broccoli, finely chopped
1 pound bacon, fried crisp, crumbled
6 ounces cheddar cheese, shredded
1 red onion, finely chopped

Prep

Mix mayonnaise and sugar together; add remaining salad ingredients. Mix well.

*I made this salad for a luncheon for a group of doctors. This luncheon was sponsored by a national pharmaceutical company, and supposedly, very prestigious. Before I could put the salad on the table, the doctors had each taken a spoon and eaten the whole thing right out of the container!
*Side Note by Chef Fergie

"Soup Du Jour"

Going to work with Dad in 1943

My grandfather, Edwin Melvin Ferguson (also known as "Nanny"), owned the Horton Manufacturing Company. It was located on University Avenue between Minneapolis and St. Paul, Minnesota. It was a scruffy old place with only two buildings. One was the office, which had originally been a house, and the other was two-stories and held tons of machinery and a woodworking department. My dad, Chili, was my grandfather's salesman. Any Saturday of our pleasing, Daddy and Nanny would let my best friend Sara Whitten and me come over to the office and spend the day playing. We were pretty creative. On the second story of the large building, a man named Mr. Dulaque made prototypes of finished products, and it was with him that Sara and I spent most of our time. We drew plans for our projects, submitted them to Mr.Dulaque for approval and then waited for the rough product to be given to us for further work. We once spent a whole winter on one very prophetic, ambitious design for wooden shoes. Mr. Dulaque cut out the thick wooden soles. We then covered the insteps with material and nailed it to each side of the soles. We struggled with the ankle strap; we never did get it to work but we weren't daunted. We finally took our wooden clogs home and proudly wore them for at least two days. We laugh now because those types of shoes have been popular for years. We always were a little ahead of our time!

Hmmm

Roux Recipe for thickening Soups and Gravies

Ingred

1 tablespoon butter
1 tablespoon flour
1 cup milk

Prep

Place butter and flour in a medium saucepan, whisk and cook over medium heat for 12 minutes, stirring constantly. Slowly add milk while whisking continuously. The more milk, the thinner the consistency.
Makes 1 ¼ cups.

Carrot Bearnaise Soup

Ingrd

- 2 ½ quarts chicken stock
- 3 pounds fresh carrots, pureed
- ¾ cup celery, pureed
- 3 tablespoons chicken base
- 1 quart heavy cream
- 1 cup roux, prepared using roux recipe included
- 2 tablespoons butter
- 3 tablespoons fresh garlic, finely diced
- 1 cup shallots, chopped
- 2 cups apple cider vinegar
- 1 tablespoon black pepper, fresh cracked
- 4 tablespoons dried tarragon leaves
- 1 tablespoon lemon juice
- 1 to 2 teaspoons Tabasco sauce
- 2 packages buttermilk style ranch salad dressing mix

Prep

In a large pot, bring chicken stock to a boil. Add pureed carrots and celery. Simmer for 10 to 15 minutes. Add chicken base and cream; bring to a slow boil. Add roux slowly, stirring constantly with a whisk. Simmer 5 minutes and remove from heat. In a saucepan, sauté garlic and shallots in butter for 3 to 5 minutes until shallots are tender. Add vinegar, pepper, tarragon, lemon juice, Tabasco sauce and salad dressing mixes. Bring to a slow boil and boil down to 1 cup. Add this to soup; simmer for 5 minutes and serve.

Makes 6 to 8 quarts.

Corn Chowder

Ingrd

4 tablespoons butter
4 tablespoons flour
Pinch of salt
2 ½ quarts half and half cream
½ cup parsley, chopped
½ teaspoon honey
1 bay leaf
¼ teaspoon pepper
Pinch of nutmeg, to taste
4 medium sized, unpeeled baking potatoes, diced
1 cup cheddar cheese, shredded (optional)

Prep

Melt butter in large, heavy saucepan; add flour and salt. Cook over low heat for 10 minutes to make roux. Add cream, stirring constantly for 15 minutes. Add parsley, honey, bay leaf, pepper and nutmeg. Set aside. Place potatoes in a separate pot, cover with water and boil for 7 to 8 minutes until soft; drain and set aside. In a separate pan, melt butter; add onion, garlic, leek and scallions and sauté for 20-25 minutes. Season with mustard, cayenne pepper and salt. Raise heat to medium; add celery and cook for 3-4 minutes. Add corn and bouillon cubes; cook for 3-4 minutes.
Preparing Base

Ingrd

Corn Chowder base:
12 tablespoons butter
1 large Spanish onion, minced
4 garlic cloves, minced
1 leek, white part only, sliced
3 scallions, chopped
¾ teaspoon dry mustard
⅛ teaspoon cayenne pepper
Salt, to taste
6 celery stalks, diced
6 - 7 ears of corn, cut off cob
3 vegetable bouillon cubes
1 ½ teaspoon thyme

Prep

Place boiled potatoes and both sauces in large pot. Season with thyme, and salt; mix well and heat. Serve with corn bread and cheddar cheese.
Makes 6 quarts

Spinach Soup

Ingrd

- 4 8-ounce boxes frozen spinach, thawed and chopped
- 2 ½ quarts chicken stock
- 2 to 3 level tablespoons chicken base
- 1 teaspoon white pepper
- 1 quart heavy cream
- 1 pound bacon, diced
- 1 onion, diced
- ¼ cup butter
- ¾ cup flour

Prep

Mix together spinach and chicken stock and bring to a boil. Add chicken base and pepper. Whisk briskly and add cream. Remove from heat; let stand. In a sauce pan, sauté bacon until brown and crispy. Add onions and cook until tender. Add butter and flour, stirring constantly for around 2 minutes and bring to a boil to make roux. Return soup to heat and bring to a simmer. Add the roux to soup, stirring constantly with a whisk to blend smoothly and thicken soup. Simmer 5 minutes and serve.

Makes 6 quarts.

Bean and Basil Soup

Ingrd

- 4 cups chicken stock
- 2 cups canned tomatoes, coarsely chopped, reserving liquid from 28-ounce can
- 1 medium onion, chopped finely
- ½ teaspoon oregano
- 4 cups cooked cannellini beans, rinsed
- 1 large garlic clove
- ½ cup fresh basil leaves plus 4 additional leaves, shredded for garnish
- 2 teaspoons extra virgin olive oil
- Salt and ground pepper
- 1 cup tubetti or ditalini

Prep

Bring chicken stock to boil. Add tomatoes, onion and oregano; simmer for 10 minutes. Add beans and simmer for 10 additional minutes. In a blender or food processor, finely chop the garlic and basil. Add olive oil and process until combined. Using a slotted spoon, transfer half of the beans and vegetables to the basil mixture. Process until smooth, then stir the puree back into the soup. Meanwhile, bring a medium saucepan of water to a boil and add salt. Add the pasta and cook, stirring occasionally, until al dente, approximately 6 minutes. Drain the pasta while reserving about 1 cup of the cooking water. Add pasta to soup, season with salt and plenty of pepper. If the soup is too thick, add a little of the reserved pasta cooking water. Sprinkle with shredded basil and serve.

Makes 6 servings.

Tomato with Garlic and Dill Soup

Ingred

- 2 tablespoons butter
- 4 tablespoons fresh pureed garlic
- 2 medium onions, pureed
- 3 cups tomatoes, pureed
- 2 quarts tomato juice
- ¾ cup tomato paste
- 8 ounces ketchup
- 1 tablespoon granulated sugar
- 1 teaspoon white pepper
- 2 packages buttermilk style ranch salad dressing mix
- 3 tablespoons chicken base
- 1 quart heavy cream
- 4 tablespoons dried dill
- ¾ cup roux, prepared using roux recipe see page 26

Prep

Sauté garlic and onions in butter until onions start to brown, stirring constantly. Add pureed tomatoes, tomato juice, tomato paste, ketchup, sugar, pepper, ranch dressing mix and chicken base. Simmer for 10 to 15 minutes, stirring occasionally. Add cream and dill. Bring to a boil and add roux slowly, stirring constantly with a whisk. Simmer for 5 minutes and serve.
Makes 8 quarts.

Potato Cheese and Chive Soup

Ingrd

- 2 ½ quarts chicken stock
- 6 medium russet potatoes, peeled, cubed and cooked
- 1 cup instant mashed potatoes
- 1 cup carrots, diced
- 1 cup celery, diced
- 3 tablespoons chicken base
- 1 teaspoon white pepper
- 1 tablespoon butter
- 2 medium onions, diced
- 1 quart whole cream
- 1 pound American cheese slices
- 1 bunch chives, chopped

Prep

Bring chicken stock to a boil. Add russet potatoes, instant potatoes, carrots, celery, chicken base and pepper. Simmer for 15 minutes. With a potato masher or whisk, break up potatoes and vegetables until mashed; remove from heat. In a small pan, sauté onions in butter until slightly brown; add to soup. In another pot, bring cream to a slow boil. Add cheese slices, stirring constantly until mixture is very smooth. Add to soup and simmer for 5 minutes. Top soup with fresh chives and serve.

Makes 8 quarts

Chili

Ingrd

- 2 ½ pounds ground beef or chopped sirloin
- ¼ cup sweet olive oil
- 1 ¼ cups onions, chopped
- 1 tablespoon garlic, finely minced
- 1 large green pepper, chopped
- 1 large red pepper, chopped
- 1 large bay leaf
- 1 tablespoon oregano
- 1 tablespoon chili powder
- 1 ½ teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ½ teaspoon freshly ground pepper
- 3 ½ tablespoons paprika
- Salt, to taste
- 3 tablespoons flour
- 2 cans beef broth
- ¼ cup granulated sugar
- ½ cup saltine cracker crumbs
- 2 cups pinto or kidney beans

Prep

Sauté beef and olive oil until beef is not pink anymore. Add the onion, garlic, peppers, bay leaf and all spices. Sauté for about 5 minutes. Stir in flour, blending well while stirring continuously. Add beef broth and bring to a boil; reduce heat and simmer for about 1 hour. At the end of the hour, add salt; slowly stir in sugar and cracker crumbs. Add the beans and simmer another 10 minutes. Serve with cheese and crackers for something really great!
Makes 8 to 10 servings.

Spicy Tortellini Soup

Ingrd

1 tablespoon olive oil
1 medium onion, chopped
½ cup carrot, diced
2 teaspoons garlic, minced
1 quart chicken broth
4 ounces cheese tortellini
1 cup fresh spinach, chopped
½ cup green peas, frozen
2 tablespoons Parmesan cheese
2 tablespoons prepared pesto
Salt and pepper, to taste

Prep

In a large saucepan, heat olive oil; add onion, carrot and garlic. Cook and stir for 3 minutes until translucent. Add chicken broth; bring to a boil. Add tortellini and simmer for 5-8 minutes. Stir in remaining ingredients and cook for 1-2 minutes; add salt and pepper.
Makes 4 to 6 servings.

Fresh Mushroom Soup

Ingrd

¾ cup chopped scallions
¼ cup butter
½ pound sliced white mushrooms
2 tablespoons flour
1 cup milk
1 cup chicken broth

Prep

In a skillet, sauté scallions in butter and cook for 5 minutes. Add mushrooms; stirring continuously for 2 minutes, then add flour and stir for 3 additional minutes. Remove from heat, add milk and chicken broth. Return to heat and bring to a boil; simmer for 5 minutes.
Makes 4 servings.

Italian Wedding Soup with Tiny Meat Balls

Ingrd

½ pound ground beef or ground turkey
1 egg, slightly beaten
1 slice of bread, finely crumbled
1 tablespoon Parmesan cheese, grated
1 teaspoon onion powder
Soup Broth:
1 46-ounces can chicken broth
1 10-ounce package frozen spinach, thawed, chopped, and squeezed dry
1 cup carrots, finely diced
1 teaspoon dried parsley flakes
½ cup orzo, uncooked
1 tablespoon Parmesan cheese

Prep

In medium bowl, combine meat, egg, bread, Parmesan cheese and onion powder. Mix well and shape into small meatballs. In large saucepan, heat chicken broth to boiling; add uncooked meatballs, spinach, carrots, parsley and orzo. Cook 8 to 10 minutes or until pasta is tender. Serve garnished with Parmesan cheese.
Makes 4 servings.

Shrimp Gumbo

Ingrd

- 2 tablespoons butter
- 3 tablespoons fresh garlic, finely chopped
- 2 medium onions, diced
- 1 cup celery, diced
- 2 large red bell peppers, diced
- 2 large green bell peppers, diced
- 2 cups mushrooms, quartered
- 1 cup Roma tomatoes, diced
- 1 cup okra, diced
- 1 ½ pounds 21-25 count shrimp, peeled and deveined
- 4 bay leaves
- 2 to 3 tablespoons oregano
- ¼ cup lemon juice
- 1 ½ quarts tomato juice
- 1 tablespoon black pepper
- 1 tablespoon Worcestershire sauce
- 1 tablespoon A-1 sauce
- 1 tablespoon Heinz 57 sauce
- 1 teaspoon Tabasco sauce
- 1 tablespoon Cajun file powder
- 3 tablespoons chicken base
- 1 ½ quarts chicken stock or clam juice
- 2 cups white rice, cooked
- ¾ cup roux, slightly browned, prepared using see page 26

Prep

Sauté garlic in butter for 1 minute. Add onions, celery, peppers and mushrooms. Cover and cook for 5 minutes. Add all remaining ingredients except rice and roux. Bring to a slow boil and simmer for 20 minutes. Add cooked rice. While simmering, add roux slowly, stirring constantly with a whisk. Simmer 5 minutes and serve. Goes great with baked corn bread.
Makes 8 quarts.

Chicken and Sausage Gumbo

Ingrd

1 pound Andouille sausage, cut into ¼ inch thick slices
3 boneless skinless chicken breasts, cut into 1 inch pieces
3 boneless skinless chicken thighs, cut into 1 inch pieces
¼ to ⅓ cup pure olive oil
¾ cup flour
1 medium onion, chopped
½ medium green bell pepper, chopped
2 celery ribs, sliced
2 to 3 garlic cloves, minced
4 cups water
4 cups chicken broth
1 tablespoon Creole seasoning
½ teaspoon dried thyme
1 teaspoon hot sauce
2 bay leaves
½ cup sliced green onions
Cooked white rice, hot
File powder (optional)
Celery leaves, for garnish

Prep

Brown sausage over medium heat, stirring until it crumbles and no pink is left. Remove sausage, reserving drippings in pan and set aside. Brown chicken in hot drippings over medium heat; remove chicken and reserve drippings once again. Using the drippings, add enough olive oil to measure ½ cup and heat mixture over medium high heat until hot. Add flour, whisking constantly for 10 to 12 minutes or until roux is caramel colored. Add onion, bell pepper, celery and garlic, stirring often until vegetables are tender. Gradually stir in water and broth; bring to a boil. Add chicken, Creole seasoning, dried thyme, hot sauce and bay leaves. Reduce heat and simmer, stirring occasionally, for 30 minutes. Add sausage and green onions and cook for an additional 30 minutes. Serve over rice with file powder.
Makes 3 quarts.

Bay Scallops

with Wild Rice Soup

Ingred

- 2 quarts water
- 1 cup long grain wild rice
- 1 pound bacon, finely diced
- 2 large onions, finely diced
- ½ cup butter
- ¾ cup flour
- 2 pounds fresh bay scallops
- 2 quarts clam juice
- 1 quart chicken stock
- 2 cups celery, diced
- 1 quart heavy cream
- 2-3 tablespoons chicken base
- 1 teaspoon white pepper
- 2 tablespoons lemon juice
- ½ teaspoon Tabasco sauce

Prep

In 2 quarts water, boil rice until it breaks open and is tender, about 30 minutes; strain and set aside. Sauté bacon until it starts to brown; add onions; cook until transparent. Melt butter then add flour; cook for 1 minute and remove from heat. In a large pot, add the scallops, clam juice, chicken stock, celery and simmer for 15 minutes. Add cream, chicken base, pepper, lemon juice and Tabasco sauce; bring to a boil. Add bacon mixture slowly, whisking constantly, while soup is simmering. Add cooked rice and serve.

Makes 6 quarts.

Minnesota Wild Rice Soup

Ingrd

6 tablespoons butter
1 tablespoon minced onion
½ cup flour
3 cups chicken broth
2 cups cooked wild rice
⅓ cup ham, minced
½ cup carrots, finely grated
2 to 3 tablespoons almonds, chopped or silvered
½ teaspoon salt (optional)
1 cup half and half cream
2 tablespoons dry sherry (optional)
Parsley or chives, minced

Prep

Melt butter in saucepan; sauté onion until translucent. Blend in flour; gradually add broth. Cook, stirring constantly, until mixture comes to a boil; boil 1 minute. Stir in rice, ham, carrots, almonds and salt; simmer about 5 minutes. Blend in cream and sherry; heat to serving temperature. Garnish with minced parsley or chives.
Makes 6 cups.

Cauliflower Cheese Soup

Ingrd

- 4 tablespoons butter
- 1 tablespoon fresh garlic, finely diced
- 1 large onion, finely diced
- 2 heads cauliflower, pureed
- 1 cup celery, pureed
- 2 ½ quarts chicken stock
- 1 to 2 cups bread crumbs
- Dash of Tabasco sauce
- 1 teaspoon white pepper
- 2 packages buttermilk style ranch salad dressing mix
- 2 ½ tablespoons chicken base
- 1 quart heavy cream
- 1 pound American cheese slices
- ¾ cup roux, prepared using roux recipe see page 26

Prep

Sauté garlic and onions in 2 tablespoons butter until transparent. Add cauliflower, celery, chicken stock and simmer 15 minutes. While the soup is simmering, make buttered bread crumbs by melting the other 2 tablespoons of butter in a sauce pan. Add bread crumbs and cook on low heat, stirring occasionally until the bread crumbs are browned. Remove from heat and set aside. Add Tabasco sauce, pepper, ranch dressing mixes, chicken base and cream. Bring to a slow boil; add cheese one slice at a time, stirring constantly until cheese is melted. Add roux slowly, stirring constantly with a whisk. Simmer 5 minutes and serve with bread crumbs sprinkled on top. Makes 8 quarts.

Canadian Bacon and Tomato with Wild Rice Soup

Ingred

- 2 cups water
- 1 cup whole grain wild rice
- 2 tablespoons butter
- 2 tablespoons garlic, finely chopped
- 2 medium onions, diced
- 2 pounds Canadian bacon, finely diced
- 1 cup celery, pureed
- 1 quart tomato juice
- 1 quart whole peeled tomatoes, pureed
- 1 cup tomato puree
- ¾ cup tomato paste
- 2 quarts chicken stock
- 1 to 2 tablespoons granulated sugar
- 2 ½ tablespoons chicken base
- 1 teaspoon white pepper
- 1 quart heavy cream
- ¾ cup roux, prepared using roux recipe included

Prep

Boil wild rice in water until it breaks open and is tender, about 30 minutes; strain and set aside. Sauté garlic, onions and Canadian bacon in butter until transparent. Add celery, tomato juice, tomatoes, tomato puree, tomato paste, chicken stock, sugar, chicken base and pepper. Simmer for 15 minutes on low heat, stirring occasionally. Add cream and bring to a slow boil. Add roux slowly, stirring constantly with a whisk and simmer for five minutes. Add cooked rice and serve. Makes 8 quarts.

Tea Time.

As Good As It Gets: The State Fair, 1944

It was August 1944. My friend Sara and I decided to venture to the Minnesota State Fair. This would be quite an event for us since we were only twelve years old and lived in South Minneapolis. The fair was located in St. Paul, which was several miles away and our only means of transportation was the streetcar. Oh, the streetcar! For us it was a chariot and our only way of exchanging the mundane world of school with a wonderland of adventure and the unknown. Running the streetcar was a conductor. There was also an impeccably dressed gentleman, wearing a perfectly pressed uniform with shiny brass buttons, who collected our money. He rang the bell when the streetcar would be nearing a stop. I didn't know then his name or title, but I knew he was very important.

This man stood in front of a glass box into which passengers deposited tokens and pennies. This was the fare. You sat on benches or in double seats located on either side of the car. If the car was crowded, you were forced to stand and grab a strap hanging from the ceiling to keep your balance. A gentleman was always obliged to give up his seat for a lady but this wasn't so if you were only twelve. Our journey to the fair was exciting regardless.

Our adventure was a long time ago and I've forgotten many of the attractions we saw, but the two things I will never forget were the freak show and the unborn child exhibit. The freak show presented people swallowing knives of fire and conjoined twins and dwarfs. The unborn child exhibit depicted the entire process of embryonic human development in test tubes; very heavy stuff for us twelve-year-olds in the 1940's. You would think that well brought-up Midwestern girls would steer clear of such things, but not us! We also enjoyed the midway, with all the games and rides, including the Ferris wheel. It would be seven years later before I would attend a State Fair again, but never would it be the same as that time in the fall of 1944 with my dear friend Sara.

SHERRY

Gougeres

Ingrd

2 cups vegetable oil
1 cup water
5 tablespoons butter
1 teaspoon salt
¼ teaspoon ground pepper
¼ teaspoon ground nutmeg
1 cup flour
1 cup Swiss or Gruyère cheese, grated
5 large eggs

Prep

Heat vegetable oil in deep fry pan. In a medium saucepan, bring water, butter, salt, pepper and nutmeg to a boil. When butter has melted, remove from heat. Add flour to the liquid mixture and beat with a wooden spoon until sides of pan are left clean. Add cheese; stir until melted. Beat in the eggs, one by one, until thoroughly mixed. Beat until mixture is smooth, shiny and firm. Drop by spoonful into hot deep fry pan. Fry until golden in color. Serve hot.
Makes 12 popovers.

Cheddar Dill Scones

Ingrd

2 ½ cups flour
1 tablespoon parsley flakes
1 tablespoon baking powder
1 teaspoon dill
½ teaspoon salt
¾ cup butter
1 cup cheddar cheese, shredded
2 eggs
½ cup half and half cream

Prep

Preheat oven to 400 degrees.
In a large bowl, mix all ingredients together. Drop by spoonful onto greased baking tin. Brush with 1 egg white mixed with a little water. Bake for 15-20 minutes.
Makes 8 to 10 scones.

Dried Fruit Scones

Ingrd

2 cups flour
1 tablespoon baking powder
½ teaspoon salt
¼ cup granulated sugar
¼ cup dried fruit
¼ cup raisins
1 cup heavy cream
1 egg

Glaze:
3 tablespoons butter, melted
2 tablespoons granulated sugar

Prep

Preheat oven to 400 degrees.
In a large bowl, mix all ingredients together. Drop by spoonful onto greased baking tin and bake for 15 minutes.

Glaze:
Whisk butter and sugar together in a small bowl, brush glaze over scones with pastry brush.
Makes 12-16 scones.

Walnut Scones

Ingrd

2 cup flour
¼ cup granulated sugar
2 teaspoons salt
5 tablespoons butter
¾ cups milk
1 egg
½ cup chopped walnuts

Glaze:
1 egg yolk
2 tablespoons cold water

Prep

Preheat oven to 350 degrees.
In a large bowl, whisk together all ingredients. Drop by spoonful onto greased baking tin and bake for 25 minutes.

Glaze:
Mix egg yolk and water together; brush glaze over scones with pastry brush.
Makes 12 to16 scones.

Banana Bread

Ingrd

¼ cup butter
1 cup granulated sugar
2 eggs
1 ½ cups unbleached flour
1 teaspoon baking soda
1 teaspoon salt
3 bananas
½ cup sour cream
1 teaspoon vanilla
½ cup of pecans

Prep

Preheat oven to 350 degrees
Pour ingredients into a large bowl and mix thoroughly. Pour mix into a 9" x 5" bread pan. Bake for 1 hour, remove and cool.
Makes 1 loaf.

Lemon Orange Bread

Ingrd

1 cup butter
2 ½ cups granulated sugar
2 eggs, beaten
3 cups all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
½ cup orange juice
½ cup milk

Glaze:
2 tablespoons lemon juice
2 tablespoons orange juice
⅔ cup confectioners' sugar

Prep

Preheat oven to 335 degrees.
Cream the butter and sugar in a bowl until light and fluffy. Add the eggs and mix well. Sift flour, baking powder and salt together. Combine the orange juice and milk in a small bowl; mix well. Add the dry ingredients and milk mixture into the creamed mixture. Butter two 5" x 9" bread pans. Line the bottom of each pan with waxed paper. Spray the paper with non-stick cooking spray and pour the batter into the pans. Bake until loaf springs back when lightly touched in center, about1 hour. Remove the loaves from the pans; cool for 15 minutes.
Glaze:
In a small bowl combine all ingredients. Mix well and drizzle glaze over each loaf or brush glaze over each loaf with pastry brush.
Makes 2 loaves.

Dill Bread

Ingrd

¼ cup warm water, 105 to 115 degrees
1 ¼-ounce envelope active dry yeast
1 cup whole milk cottage cheese, room temperature
¼ cup fresh dill, chopped
1 large egg
1 tablespoon unsalted butter, melted
1 ½ teaspoons salt
1 to 2 teaspoons granulated sugar
1 teaspoon dill seeds
2 ¼ cups unbleached, all-purpose flour

Prep

Position rack in center of oven and preheat to 350 degrees.
Pour warm water into large bowl; sprinkle yeast over water. Stir to blend and set aside until yeast dissolves, about 10 minutes. Whisk in cottage cheese, dill, egg, butter, salt, sugar and dill seeds. Add flour, ½ cup at a time, stirring until semi thick dough forms; do not knead. Cover bowl with plastic place in warm area and let dough rise until doubled in size, about 1 hour. Butter an 8" cake pan with 1 ½ inch high sides. Punch down bread dough and form into 6 inch round. Transfer dough to prepared cake pan. Place in warm area again, and let dough rise uncovered, about 45 minutes. Bake until bread is golden, about 40 minutes. Turn bread out of pan; transfer to rack and cool. Cut into wedges and serve.
Makes 1 loaf.

Lemon Curd

Ingrd

6 egg yolks
1 cup granulated sugar
½ cup lemon juice
½ cup butter, cut into small pieces
½ teaspoon lemon zest

Prep

In a large pot, mix egg yolks, sugar and lemon juice; cook over medium heat on stove until mixture thickens, about 4 minutes. Remove from heat; mix in butter and lemon zest. Cool, place in storage container and refrigerate.
Makes 2 cups.

Comfort Foods.

From the Beaches of Florida to the Lakes in Minnesota

For several years now I have resided in Melbourne, Florida, both on the beach and near the river. Recently, while making my daily trek over our local causeway to deliver the goodies and delights that I cater to customers on the mainland, the scenery was breathtaking. Boaters were everywhere; some were windsailing, some were water skiing and others were just cruising along through the beautiful sun-drenched water. Suddenly I was transported to another time, recalling another place - the wonderful days I spent on Gull Lake in northern Minnesota with my best friend Sara.

Sara's family had owned Gull Lake property for years. They bought it sometime in the early 1930's. They refinished it, but I had the opportunity to visit in 1945 when the house was still in its rough stages. I remember the pump in the kitchen, the only means of getting water, and of course the proverbial out-house. They even had an 'ice-house.' I can still smell both of them to this day! Not an ugly smell, but a smell of security and of family.

Electricity was still not widespread, so we used to read at night using kerosene lamps. I remember one night as if it were just yesterday. Sara and I were in the main cabin in one of the two bedrooms it housed. In the bedroom was a huge double bunk bed and we had our lamp situated just so, allowing us both to be able to read. Suddenly there was a noise. We could hear footsteps somewhere outside our room; there shouldn't have been anybody there since the only other person staying there at the time was Sara's grandfather who was very old and incapable of prowling around at night.

A cold chill swept over both of us and we began to hear the cord of the light switch swing back and forth in the next bedroom. We were both completely frozen in fear. It was a long night; I don't think either of us moved a muscle until morning! At the first sign of dawn we breathed a sigh of relief, still wondering who or what had invaded our privacy in the middle of the night. To this day we still don't know, but we have a hunch Grandpa wasn't as incapacitated as we had thought!

Chicken Curry

Ingrd

8 chicken pieces, bone-in legs, thighs, and/or breasts
1 cup flour
1 teaspoon salt
½ teaspoon pepper
1 tablespoon curry powder
2 tablespoons butter

Prep

Preheat oven to 335 degrees.
Wash chicken and pat dry. Fill a bag filled with flour, salt, pepper and curry powder. Put chicken pieces into the bag and shake to coat the chicken. Place chicken on a large tray; top the chicken with pats of butter. Bake for 30 minutes. Turn chicken over with tongs and bake another 30 minutes. Turn again and bake until meat is brown and crispy, about 20 minutes longer.
Makes 8 servings.

*This recipe came from my mother, Marjorie Ellis McCrady. She was a radio personality, not a cook, but this dish was out of the ball park. Everyone loved it (and still do).

Pizza Dough

Ingrd

1 ¼-ounce envelope active dry yeast
1 cup warm water, 105 to 115 degrees
Pinch of granulated sugar
2 ¼ teaspoons coarse kosher salt
3 tablespoons rye flour
2 tablespoons virgin olive oil
3 cups unbleached all-purpose flour

Prep

Place yeast in a bowl; stir in water and sugar. Let stand until foamy, about 5 minutes. Stir in salt, rye flour and 1 tablespoon of olive oil. Gradually add 2 cups of flour, stirring with a wooden spoon, until the dough is stiff. Turn the dough out onto a well-floured work surface. Knead the dough until it is smooth and elastic, about 5 to 6 minutes, gradually kneading in as much of the remaining flour as necessary to keep the dough from sticking. Transfer the dough to a lightly oiled bowl and brush the surface with olive oil. Cover the bowl with plastic wrap, place in a warm area and let dough rise until it has doubled in size, about 2 hours. Punch down the dough and knead it lightly. Return the dough to the bowl, cover and let rise again until doubled, about 45 minutes. Punch down the dough again and make into large circle. Push into pizza pan or 4 small rounds for making individual pizzas on the grill; also freezes well.
Makes 1 large pizza or 4 small pizzas.

Crab Burgers

Ingrd

1 cup crab meat, flaked
½ cup green pepper, diced
½ cup mayonnaise
2 teaspoons lemon juice
2 teaspoons mustard
2 teaspoons pickle relish
½ teaspoon onion, grated
½ teaspoon salt
Dash of pepper
¾ cup sharp cheddar cheese, grated
1 package hamburger buns
2 tablespoons butter

Prep

Combine all ingredients, except cheddar cheese, buns and butter. Pile on lightly toasted, buttered buns; top with cheese. Place under broiler and broil until cheese is bubbly.
Makes 4 servings.

Jalapeno Pepper Chicken

Ingrd

1 8-ounce package white, mushrooms, sliced
2 cans cream of chicken soup
1 6-ounce can French fried onions
8 chicken breasts, skinned, boned, and cut into bite sized pieces
16 ounces Mexican Velveeta cheese, sliced thin
8 ounces Monterey jack cheese, shredded
2 avocados, thinly sliced

Prep

Preheat oven to 350 degrees.
Mix mushrooms with chicken soup. Spread a small amount very thinly on bottom of 9"x13" greased casserole dish. Spread ⅔ onions over soup mixture. Top with chicken pieces then Velveeta cheese; cover with mushrooms and remaining soup mixture. Sprinkle with ½ Monterey jack cheese and bake covered for 45 minutes. Uncover and top with sliced avocado, remaining onions, and the rest of the Monterey jack cheese. Bake uncovered for about 40 minutes. Let sit for 30 minutes before serving.
Makes 10-12 servings.

Cheese Stuffed Chicken wr

Ingrd

- 8 skinless, boneless chicken breast halves
- 2 tablespoons olive oil or cooking oil
- 4 cups fresh spinach, chopped
- 1 cup onion, chopped
- 4 ounces cream cheese
- 1 cup mozzarella cheese, shredded
- 2 ounces feta cheese, crumbled
- ½ cup cheddar cheese, shredded
- 1 egg yolk, beaten
- 1 tablespoon flour
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cumin
- 16 sheets phyllo dough
- ½ cup butter, melted

pped in Phyllo Dough

Prep

Preheat oven to 350 degrees.
Place each chicken breast half between two sheets of heavy plastic wrap and pound until ¼ inches thick; season with salt and pepper and set aside. In a large skillet, heat oil and cook spinach and onion until onion is transparent. Remove from heat and stir in cream cheese until well blended. Stir in remaining cheeses, egg yolk, flour, nutmeg and cumin. Place about ¼ cup of spinach mixture on each chicken breast half and roll up. Place 2 sheets of phyllo dough on work surface; brush with butter. Place 2 more phyllo sheets over first 2 sheets and brush with butter. Place a rolled chicken breast on top of phyllo sheets, turn in edges and roll up. Place in shallow baking pan. Continue this process to make 8 roll ups; brush tops with butter. Bake uncovered until chicken is no longer pink, about 30-35 minutes.
Makes 8 servings.

Zesty Horseradish Sauce

Ingrd

1 8-ounce bottle prepared horseradish sauce
1 tablespoon coarse grain Dijon mustard
1 teaspoon fresh thyme, chopped

Prep

Mix all ingredients together. Serve on a toasted crostini spread with garlic, topped with beef tenderloin slices, arugula and tomato slices.
Makes 8 ounces.

Marinated Apricot Pork Tenderloin

Ingrd

- 2 tablespoons rosemary
- 1 cup orange juice
- 3 tablespoons raspberry vinegar
- 2 tablespoons apricot preserves
- 2 cloves garlic
- 1 teaspoon ginger
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 pork tenderloins

Prep

Mix all ingredients together, add pork tenderloins; marinate for 8 hours. Broil, turning once. Let cool for 15 minutes before serving.
Makes 4 servings.

Salmon Cakes

Ingrd

- 4 10-ounce cans of salmon
- ½ green pepper, chopped
- ½ red pepper, chopped
- ¼ cup capers
- ½ cup red onion, diced
- 1 egg per pound of salmon
- ½ cup mayonnaise
- 2 tablespoons butter

Prep

Puree all ingredients except eggs, mayonnaise and butter. Add eggs and mayonnaise and form into patties. Fry in butter until crispy.
Makes 12 patties.

Shrimp and Crab Cake Sauce

Ingrd

½ cup ketchup
½ cup chili sauce
¼ teaspoon Worcestershire sauce
1 teaspoon lemon juice
1 teaspoon horseradish

Prep

Mix all ingredients together; adding as much horseradish as you can stand!
Makes 1 cup.

Calico Beans

Ingrd

½ pound ground beef
½ pound bacon, fried until crisp, crumbled
1 large onion, chopped
½ cup brown sugar, light or dark
½ cup granulated sugar
1 teaspoon apple cider vinegar
1 cup ketchup
1 can lima beans, drained
1 16-ounce can kidney beans
1 16-ounce can pork and beans
2 red peppers, chopped

Prep

Preheat oven to 350 degrees
Mix all ingredients together; put into large casserole dish and bake for 45 minutes.
Makes 15 servings

Shrimp Florentine

Ingrd

½ pound butter
2 tablespoons flour
1 small onion, diced
1 teaspoon Worcestershire sauce
Pinch of thyme
½ pint whipping cream
1 cup cheddar cheese, grated
Dash of white wine
2 teaspoons butter
¼ pound white mushrooms, thinly sliced
1 10 ½ ounce package frozen spinach, thawed and drained
1 pound medium size fresh shrimp, deveined
1 cup croutons, crushed

Prep

Preheat oven to 300 degrees.
Melt butter, blend in flour and onion. Sprinkle with Worcestershire sauce and thyme.
Slowly add whipping cream and grated cheese. Blend in wine and set sauce aside.
Sauté mushrooms in 2 teaspoons butter and set aside. Place spinach in bottom of casserole dish; add shrimp, sautéed mushrooms, sauce and finally croutons. Bake covered for 20 minutes.
May serve with rice.
Makes 6 servings.

Roasted Leg of Lamb

Ingrd

1 8-10 pound leg of lamb
2 tablespoons seasoned salt
Pepper, to taste
1 cup roux, prepared using roux recipe
see page 26

Prep

Preheat oven to 350 degrees.
Rub lamb leg with a mixture of seasoned salt or any of your favorite spices. Place leg in roasting pan in oven. Basting often, cook until meat is tender and falling off the bone, about 2 hours for well done. Using the drippings in the roasting pan, whisk in a little flour and water until you have wonderful gravy. Add salt and pepper. May be served with mint jelly. Makes 10 servings.

*My mother told me to never buy a leg of lamb over 10 pounds or it would then become tough "mutton", and of course never pay more than 69 cents a pound. The first rule I've always obeyed, the second...oh well!

Caramelized Onion Gorgonzola and Rosemary Pizza

Ingrd

¼ cup extra virgin olive oil
3-4 yellow onions, thinly sliced
1 tablespoon fresh rosemary leaves
¼ cup butter, softened
Salt and pepper, to taste
Basic pizza dough, prepared using pizza dough
see page 57
4 ripe tomatoes, sliced
10 ounces Gorgonzola, crumbled

Prep

Preheat oven to 400 degrees.
In a large sauté pan, heat oil over high heat; add onions and rosemary. Cook until soft and translucent, about 5 minutes. Lower heat, add butter and continue to caramelize for about 15 minutes. Season with salt and pepper; set aside. Spread the onion mixture onto the pizza dough then place sliced tomatoes on mixture. Scatter Gorgonzola over top. Bake pizza in oven until golden and the crust is brown; about 20 minutes.
Makes 1 large pizza or 4 small pizzas.

Whiskey Pork Roll

Ingrd

2 pork tenderloins
¼ cup currents
½ cup whiskey
½ cup dried apricots, diced
1 cup chicken broth
2 cups bread crumbs, soft
¼ cup walnuts, chopped
2 eggs, beaten
Salt and pepper
½ cup white wine
6 ounces apricot jam
⅓ cup corn starch
Several sprigs of fresh rosemary

Prep

Preheat oven to 375 degrees.
Butterfly tenderloins and spread open. With a wooden mallet, pound tenderloin until about ¼ to ½ inch thickness. In a separate bowl, soak currents in whiskey. In another bowl, soak apricots in chicken broth and set aside. When apricots and currents become soft, drain and reserve liquid. In a large mixing bowl, mix together bread crumbs, walnuts, fruit, eggs, salt and pepper. Spread over the tenderloins. Roll meat and tie with strong string. Sear in olive oil until meat is brown on all sides. Remove meat; add fruit, wine, reserved liquid and apricot jam. Thicken with corn starch. If necessary, thin the gravy with white wine then set aside. Put seared meat in roasting pan, top with fruited gravy and several sprigs of rosemary. Bake 45 minutes to 1 hour. Slice meat into pinwheels about 1 ½ inches thick. Arrange on large serving plate, top with gravy and sprigs of fresh rosemary.
Makes 4 servings.

Bourbon Street Muffulettas

Ingrd

½ cup kalamata olives, pitted and chopped
¼ cup fresh basil, chopped
2 tablespoons capers, drained
2 tablespoons balsamic vinegar
2 teaspoons olive oil
1 14-ounce can artichoke hearts, drained and chopped
1 7-ounce bottle roasted red bell peppers, drained and chopped
1 garlic clove, chopped
8 rolls or buns
Cooked chicken, sliced
Swiss cheese, sliced
Lettuce

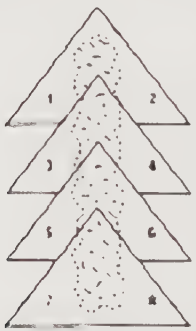
Prep

Using a food processor, combine all ingredients except chicken, Swiss cheese and lettuce; process 30 seconds. Let chill. Cut roll and spread one tablespoon of the mixture on top half of roll. Add pieces of sliced chicken, lettuce leaves and Swiss cheese. Repeat layer of chicken, lettuce, Swiss cheese and mixture. Serve at room temperature.
Makes 8 servings.

French Onion and Beef

Ingrd

3 ounces part skim mozzarella cheese, shredded
¼ cup fresh Parmesan cheese, grated
¼ cup light margarine
1 ½ cups thinly sliced Vidalia or white onions
6 ounces, 1 inch thick beef tenderloin or sirloin, cut into 1 inch pieces
1 teaspoon flour
1 ½ teaspoons brown sugar, light or dark
½ teaspoon cumin
¼ teaspoon salt
¼ teaspoon pepper
½ cup beef broth
1 8-ounce can Pillsbury Refrigerated Crescent Dinner Rolls
2 tablespoons fresh Parmesan cheese, grated
Topping:
½ cup low-fat plain yogurt
1 10 ½ ounce can au jus gravy, heated



Rudel

Prep

Preheat oven to 375 degrees.

In a small bowl, combine mozzarella and Parmesan cheeses; set aside. Melt margarine in a large heavy skillet over medium heat. Add onions; cook and stir 15 minutes until onions are brown and caramelized. With slotted spoon, transfer onions to a medium bowl. Add beef to skillet; cook and stir; about 3 minutes then return onions to skillet. Add flour, brown sugar, cumin, salt, pepper and beef broth; cook and stir, scraping bottom of pan, for 5 minutes or until liquid is absorbed. Grease cookie sheet. Separate crescent dinner roll dough into 8 triangles, slightly overlaping long sides of 2 triangles to make one larger triangle; press edges to seal. Repeat with remaining triangles to make 4 large triangles. Place triangles in a row on greased cookie sheet, overlapping. Evenly spoon onion mixture down center of triangles in 1 ½ inch wide strips, beginning and ending 1 inch from each end. Sprinkle cheese mixture over onion mixture. Bring side points over filling, crossing one over the other to make a braided appearance and seal ends. Sprinkle 2 tablespoons Parmesan cheese over top of dough.

Bake for 15 to 20 minutes. Serve hot with dollops of yogurt and hot au jus gravy.

Makes 4 servings.

Desserts.

What Goes Around Comes Around

Going back to Minneapolis was such a trip; I could do nothing but reminisce. One time, my granddaughter Laura came to visit and we decided to take a day from long ago and relive it. We started out at Lake Calhoun. The year was 1950, she was twelve and I pretended I was seventeen again. It was a summer day and the lake was beautiful. We bought ice cream cones and walked around that lake, but that was a little too strenuous so we stopped walking and waded in the water instead. We went for a ride on the sight-seeing boat. The main beach also held several swings, and while swinging away, we looked across the lake and spied a familiar sight; a special little tree.

A wonderful person had built a little home at the base of a very large elm, put a door on the home and called it Mr. Little Guy. Children from all over the city would visit Mr. Little Guy and leave messages. Some were tear jerkers and some were just plain sweet. It might take a full week but he answered all of them. You would find your response by searching through the returned messages until you found the one intended for you. Previously, my granddaughter had left a message and was waiting anxiously for her reply. Laura and I left the main beach and went to Mr. Little Guy's. He had left her a response! She still has it to this day.

Next we went to Lake Harriet. We pumped water from the very old pump where my grandparents had gotten their spring water from in the early 1900's. Then on to view the street car and saw the house where George Grim had lived. He was a radio and newspaper personality, like my own mother had been. My mother had interviewed all the big stars of her time and was quite the celebrity in Minneapolis. Her name was Marjorie Ellis Ferguson McCrady and I still miss her dearly to this day.

yummm

Rum Cake

Ingrd

1 cup pecans or walnuts, chopped
1 18 ½-ounce package moist yellow cake mix
3 eggs
½ cup cold water
⅓ cup vegetable oil
½ cup Bacardi dark rum, 80 proof

Glaze:
½ cup butter
¼ cup water
1 cup granulated sugar
½ cup Bacardi dark rum, 80 proof
confectioners' sugar

Prep

Preheat oven to 345 degrees.
Grease and flour 10 inch tube or 12 cup Bundt pan. Sprinkle nuts over bottom of pan. Mix remaining cake ingredients together and pour batter over nuts. Bake 45 minutes; cool. Invert cake onto serving plate and prick top several times with thin wooden skewer.
Glaze:
Melt butter in saucepan. Stir in water and sugar. Boil for 5 minutes, stirring constantly. Remove from heat. Stir in remaining rum. Let cool. Spoon and brush glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is gone. Turn cake over and dust with confectioners' sugar.
Makes 12-14 slices.

Rum Crepes

Ingrid

3 cups flour
15 eggs, well beaten
½ gallon milk or slightly less
⅓ cup canola oil
4 ½ ounces rum

Prep

Place flour in large bowl. In another bowl, add eggs, milk, oil and rum. Slowly pour wet mixture into flour beating continuously until well mixed. Let batter stand for at least 2 hours before making the crepes. Pour ½ cup batter into heated, well-oiled, 8 inch frying pan and cook for about a minute. Turn crepe over, cook about another 30 seconds more. Remove and place over wax paper sheets; also freezes well.
Makes 40-50 crepes.

Beignets the Real McCoy

Ingred

2 cups water
1 cup butter
2 teaspoons granulated sugar
½ teaspoon salt
2 cups flour
2 teaspoons vanilla
8 eggs
confectioners' sugar

Prep

Preheat oil to 375 degrees.
In a large pot, boil water, butter, sugar and salt. Remove from heat; stir in flour using a wooden spoon and beat until mixture leaves the side of the bowl. Beat in vanilla and eggs, 2 at a time. Drop into oil and fry until golden. Drain; dust with confectioners' sugar.
Makes 14-16 beignets.

Chocolate Streusel Bars

Ingrd

1 ¾ cups unsifted all-purpose flour
1 ½ cups confectioners' sugar
½ cup unsweetened cocoa
1 cup butter, cold
1 8-ounce package cream cheese, softened.
1 14-ounce can sweetened condensed milk
1 egg
1 to 2 teaspoons pure vanilla extract
½ cup walnuts, chopped

Prep

Preheat oven to 350 degrees.
In a large bowl, combine flour, sugar and cocoa; cut in butter with a pastry blender until crumbly and dry. Set aside 2 cups of the crumb mixture. Press the remaining crumb mixture in the bottom of a 9" x 13" cake pan and bake for 15 minutes. In another large bowl, beat the cream cheese until fluffy. Gradually add in milk until smooth. Add the egg and vanilla; mix well. Pour over the baked crust. Combine nuts with the reserved crumb mixture and sprinkle evenly over the batter.
Bake for 20 minutes or until bubbly. Let cool, cover and chill. Cut into bars and serve.
Makes 8 servings.

Sour Cream and Almond Pound Cake

Ingrd

1 cup butter, softened
3 cups granulated sugar
6 eggs
3 cups flour
¼ teaspoon baking powder
½ pint sour cream
1 teaspoon almond flavoring
1 teaspoon vanilla

Prep

Preheat oven to 325 degrees.
Cream butter and sugar; beat in eggs, 2 at a time. Sift together flour, baking powder, sour cream, almond flavoring and vanilla. Add to butter, sugar and egg mixture. Mix well and pour into greased and floured Bundt pan. Bake 1 ¼ hours.
Makes 12 servings.

Key Lime Pie Crust and Fillings

Ingrd

1 cup flaked sweetened coconut
½ cup gingersnap cookie crumbs
½ cup graham cracker crumbs
¼ cup butter, melted
1 tablespoon flour

Key Lime Filling #1
3 egg yolks
1 14-ounce can sweetened condensed milk
½ cup key lime juice

Key Lime Filling #2
8 ounces cream cheese softened
1 14-ounce can sweetened condensed milk
½ cup key lime juice
½ cup sour cream

Prep

Preheat oven to 350 degrees.
Mix all ingredients together and form into pie pan. Bake for 10 minutes, let cool.
Fillings:
Mix all ingredients together and pour into cooled crust; bake for 12 minutes. Cool and decorate with whipped cream and strawberries.
Makes 1 pie.

No Egg Chocolate Cake

Ingrd

3 cups flour
2 cups granulated sugar
¼ cup plus 2 tablespoons cocoa
2 teaspoons baking soda
½ teaspoons salt
¾ cup vegetable oil
2 tablespoons vinegar
2 cups water
2 teaspoons vanilla

Prep

Preheat oven to 350 degrees.
Mix flour, sugar, cocoa, baking soda and salt in bowl. In another bowl, mix together oil, vinegar, water and vanilla; add to dry mixture. Beat well and pour into 2 greased and floured 9" round cake pans. Bake for about 30 minutes until toothpick inserted in center of cake comes out clean. Cool slightly and remove from pan. Top with your favorite chocolate frosting, followed by pieces of Snicker and Hershey candy bars.
Makes 12 slices.

Apple Pie Cake

Ingrid

¾ cups butter
1 ½ cups granulated sugar
3 eggs
1 ½ cups sour cream
2 ½ cups flour
¾ teaspoon salt
2 ¼ teaspoons baking powder
¾ teaspoon baking soda
1 ½ teaspoons vanilla
1 15-ounce can apple pie filling

Streusel Topping:
½ cup granulated sugar
1 teaspoon cinnamon
½ cup flour
½ cup pecans, chopped
2 tablespoons butter, softened

Prep

Preheat oven to 350 degrees.
Cream together butter and sugar; add eggs and sour cream. Sift together flour, salt, baking powder and baking soda; add to wet mixture then add vanilla. Pour ½ of batter into a greased and floured 9" x 13" cake pan. Spread apple pie filling onto the batter; top with remaining batter.

Streusel Topping:
Mix all ingredients together. Sprinkle streusel over batter. Bake for about 50-60 minutes. Let cool.
Makes 12 servings.

Brownies

Ingrd

1 cup flour
1 cup granulated sugar
4 eggs
½ cup butter, softened
1 ½ cups chocolate syrup

Frosting:
1 cup granulated sugar
5 tablespoons butter
⅓ cup milk
A pinch of salt
1 6-ounce bag chocolate chips

Prep

Preheat oven to 325 degrees.
Add all ingredients together and stir vigorously until lumps disappear. Pour into 9" x 13" lightly buttered and floured cake pan. Bake for about 25 to 35 minutes or until toothpick inserted in center comes out clean.
Frosting:
Mix sugar, butter, milk and salt together in a saucepan and bring to a boil. Boil for 1 minute, stirring constantly. Remove from heat; add chocolate chips and stir to melt. Frost brownies.
Makes 12-16 brownies.

Lemon Bars

Ingrid

2 ¾ cups flour, separate out ½ cup
1 cup confectioners' sugar
1 cup butter, melted
9 eggs
1 cup lemon juice
Peel of 3 lemons, using fine lemon zester
3 ⅔ cups granulated sugar
1 ½ teaspoons baking powder

Prep

Preheat oven to 350 degrees.
Combine 2 ¼ cups flour, confectioners' sugar and butter. Press on large baking sheet and bake for 10 to 12 minutes. Whisk together eggs, lemon juice and lemon zest. In another bowl, whisk together sugar, remaining ½ cup flour and baking powder; add to egg mixture.
Bake for 15-20 minutes.
Makes12 lemon bars.

Pumpkin Seed Cupcakes

Ingrd

1 cup raw pumpkin seeds
1 cup raw sunflower seeds
1 ⅔ cups all-purpose flour
1 ½ teaspoons ginger
1 ½ teaspoons cinnamon
¾ teaspoon salt
½ teaspoon baking soda
½ teaspoon nutmeg
¼ teaspoon ground cloves
1 ½ cups granulated sugar
½ cup vegetable oil
2 large eggs, lightly beaten
1 cup canned pumpkin puree
⅓ cup warm water

Cream cheese frosting:
6 ounces cream cheese, softened
6 tablespoons unsalted butter, softened
¾ cup confectioners' sugar
1 teaspoon pure vanilla extract

Prep

Preheat the oven to 350 degrees.
Toast the pumpkin and sunflower seeds on a large rimmed baking sheet for about 12 minutes, stirring once or twice, until they turn golden. Let seeds cool; put in small bowl. Lightly oil a 12 cup muffin tin. In a medium bowl, whisk together the flour, ginger, cinnamon, salt, baking soda, nutmeg and cloves. In another medium bowl, beat the sugar and oil using an electric mixer. Add the eggs and beat at high speed until mixture lightens in color. Reduce the speed to low and beat in the pumpkin puree and water. Whisk the pumpkin mixture into the dry ingredients, scraping the bottom of the bowl to incorporate the flour. Spoon the batter into the prepared muffin cups and bake for around 25 minutes. Let cool in the pan for 10 minutes, then transfer the cupcakes to a rack to cool completely. To make the frosting, beat the cream cheese with the butter until smooth; add confectioners' sugar and vanilla. Using a small metal spatula or knife, frost the cupcakes. Roll the frosted cupcakes in toasted pumpkin and sunflower seeds to coat the top and serve.
Makes 12 cupcakes.

When Food Isn't Enough.

Tippy & Tea Time, 1949

I have a mirror in my bedroom; the frame is glass inlaid with beautiful birds, and I am reminded of days gone by; a day, when as a teenager, a dear friend of mine invited me to have lunch at Ivey's with her and another friend. My friend's name was Pat, and her friend's name was Tippy. Tippy and Pat worked at Dayton's, and I had the job of all summer jobs - I wrapped gift packages for Anderson's China Shop on 10th and Nicollet in downtown Minneapolis. I remember Tippy as being a very attractive girl, very smart and very sure of herself. Needless to say, I was a little intimidated, but I tried to hold my own. She was, however, very nice and I never saw her again until she appeared on the screen in Alfred Hitchcock's movie "The Birds".

It was also my privilege to work in the shoe department on the balcony of Young Quinlyn's. Every time I walked into the store, I felt like I was in a marble mausoleum. Every counter displayed quality merchandise; fine linens, exquisite handbags, kid gloves, and of course, most every item was ready for your monogram. What I loved best about Young Quinlyn's, of course, was their tea room. In the very back of the room was a fountain that bubbled all through lunch. Beautiful, affluent ladies and smart looking gentlemen graced the tables, chatting politely while models paraded through the aisles in elegant dresses, hoping to sell their garments.

I'll never forget one afternoon. I was sitting with my friend Sara at a table very close to the fountain. A woman sporting a very expensive sable coat was so impressed with her looks and fur coat that she was not paying attention to where she was going and while waving to friends across the room....slammed right into the fountain! She fell in and completely drenched herself. I'll have to admit it was pretty funny.

Here's another one - Bjorkman's was just up the block from Young Quinlyn's. It was also a specialty shop featuring both men and women's clothing and was another job site for yours truly. This particular day, two women and one man came into the store. They were dressed in shabby attire, like maybe they just came in off the range. None of the regular sales people attempted to wait on them, because quite frankly, they didn't look the type to be ready to buy. Pretty soon, they wanted a sales person and the only ones willing to wait on them was me and another summer time clerk. The other clerk took on the task at hand and those folks proceeded to buy out the store! They were ranchers from out of town looking for city clothes, and by golly, my sales partner made a killing. After that, our Monday morning meetings were always punctuated with "all customers are equal - never judge!".

MERL

Bulas aka Different Twist on Peach Bellinis

Ingrd

1 peach
1 bottle of Rhine wine, any size
1 bottle of Champagne, any size

Prep

In a champagne glass, place ½ of a peach, cut side down. Pour a little Rhine wine over the peach and top with Champagne. When finished with the wine, enjoy the peach.
Makes 2 servings.

This was a typical Sunday brunch drink from my mother, Marjorie McCrady. She called this concoction a "Bula". It's basically a Champagne punch or a summer cooler, depending on the season.

Rum Punch

"the Elixir of Life"

Ingrd

- 2 ½ cups pineapple juice
- 2 ½ cups orange juice
- 1 cup Over-proof white rum
- ½ cup dark rum
- ¼ cup coconut rum
- ¼ cup fresh lime juice
- 3 tablespoons grenadine

Prep

Combine pineapple juice and orange juice. Add white, dark and coconut rums, lime juice and grenadine. Mix well. You'll find the punch bowl needs refilling quite often!
Makes 1 quart.

Roger: Sous Chef; Friends & Family Invade.

Childhood Dreams Come True

By the shores of Gitche Gumee,
By the shining Big-Sea-Water,
Stood the wigwam of Nokomis,
Daughter of the Moon, Nokomis.

This was the "Song of Hiawatha", written by Henry Wadsworth Longfellow in 1855. When I was a child, I loved to ride my bike down to Minnehaha Park in Minneapolis, Minnesota, where I'd follow the water from the falls to the statue of Hiawatha - "my hero" carrying Minnehaha across the creek. Years later, while I was on vacation in Tucson, Arizona, I fell madly in love with an Arizona cowboy. This was yet another hero, but never to materialize. Sixty-five years later in Melbourne Beach, Florida, I met Roger Wilson. He also rode his bike down to Minnehaha Falls in Minneapolis. He was once upon a time a cowboy in South Dakota, who wore a Range Rider cowboy hat pierced by an Indian arrow. In 2009, Louella Ferguson McCrady Dickey, a.k.a."Fergie", married Roger Wilson, a.k.a. "Butsy"...and found at last her cowboy, her Indian, her hero.

Today we are kitchen partners at the Sea Glass Inn Bed and Breakfast in Melbourne Beach, Florida, cooking up all sorts of fun stuff and telling stories about our childhood memories. Can you believe it? While growing up, we only lived a few blocks away from each other, went to the same high school, and even had many of the same friends... yet never met. Isn't fate wonderful? The following are some of the things Sous Chef Roger has learned to make.

Chocolate Mud Pies

Ingrd

- 1 12-ounces bag semisweet chocolate chips, divided in half
- 4 tablespoons butter
- ⅓ cup unsweetened cocoa, firmly packed
- 2 eggs
- 1 teaspoon vanilla extract
- ¾ cup granulated sugar
- ¼ cup flour
- ¼ teaspoon baking powder
- 1 cup pecans or walnuts, chopped

Prep

Preheat oven to 350 degrees.
In a 2 quart glass bowl, combine 6 ounces chocolate chips and butter. Place in microwave; heat on high for 1-1 ½ minutes until melted. Stir in cocoa until blended; beat in eggs, vanilla, sugar, flour and baking powder. Add nuts and remaining chocolate chips; mix well. Drop by rounded tablespoons onto foil-lined cookie sheets 2 inches apart. Bake until tops are cracked slightly, about 10 to 15 minutes; cool.
Makes 18 cookies.

Oatmeal Cake/Bread

Ingrd

1 cup quick oatmeal
1 ½ cups boiling water
½ cup vegetable shortening
1 cup brown sugar, light or dark
1 cup granulated sugar
2 eggs, beaten well
1 teaspoon vanilla
1 ½ cups flour
¾ teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
1 teaspoon vanilla

Frosting:
6 tablespoons butter
¼ cup cream
1 cup coconut
¾ cup pecans or walnuts, chopped
1 cup brown sugar, light or dark
1 teaspoon vanilla

Prep

Preheat oven to 350 degrees.
In a bowl, mix oatmeal and boiling water. Set aside and let cool. In another large bowl, beat together vegetable shortening, brown sugar, granulated sugar, eggs and vanilla. Add flour, baking powder, baking soda, salt and vanilla; mix well. Add oatmeal; pour into greased and floured 9" x 13" cake pan and bake for 40-45 minutes.
Frosting:
Mix all ingredients together; spoon over warm cake. Place 6" to 8" below broiler; broil for 4-5 minutes or until topping is slightly browned.
Makes 16 servings.

Mexican Corn Bread

Ingrd

1 cup self-rising white corn meal
1 15-ounce frozen package creamed corn, thawed
3 teaspoons baking powder
1 cup sour cream
½ cup flour
3 eggs
2 cups mild cheddar cheese, grated
½ cup hot jalapeño peppers, chopped fine

Prep

Preheat oven to 375 degrees.
Mix all ingredients together; pour into a 9" x 13" greased pan. Bake for 40 minutes or until top is slightly browned.
Makes 16 servings.

Caramel Sauce

Ingrd

2 cups granulated sugar
¾ cup butter
2 cups whipping cream
Pinch of salt
1 cup light corn syrup
1 teaspoon vanilla

Prep

Heat all ingredients, except vanilla, to boiling over medium heat, stirring constantly; reduce heat slightly. Boil 30 minutes, stirring frequently until sugar is dissolved and mixture is caramel colored; add vanilla. Place in storage container; may be refrigerated for up to 2 months.
Makes 4 cups.

Epilogue.

It is said that all good things must come to an end. Recipes are the exception - they get passed down from one generation to another, sometimes changed a little here or there, but in this life, prepared again and again.

The little vignettes I have written about growing up in the 30's and 40's with my best friend, Sara, are one of these good things. Sara recently passed away and a good thing came to an end, but like a family recipe, good memories can be passed down from one generation to another.

From all this, I'd like to pass on what I've learned. Scream your family and friends. Write down and share your memories and reflections. Produce fabulous feasts. Where there are too many simultaneous memories get created which will be remembered for a lifetime.

"FOR WOMEN"

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The Marjorie McCrady show features anything and everything of interest to intelligent and fun loving people. Her power house selling commercials come thru for advertisers whose products qualify for the selling area Northwest-Let's your product participate.

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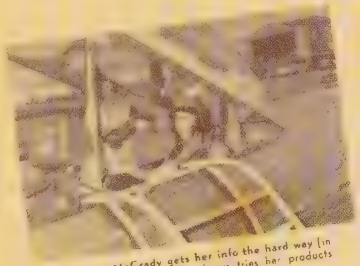
Marjorie McCrady, who has been Woman's Editor for one of the nation's largest newspapers (The Minneapolis Star & Tribune), Fashion Director of one of the country's biggest stores (The Dayton Company) as well as radio and TV star, has built a tremendous following in the Upper Midwest.

Her shows cover a multitude of subjects and her extensive travels along with the experience of being Woman's Editor for the Honolulu Advertiser have given this charming TV and Radio Star, an extra insight into some of the more probing problems of today.



Marjorie McCrady gets her info the hard way (in this case anyway). She always tries her products first . . . then sells them.

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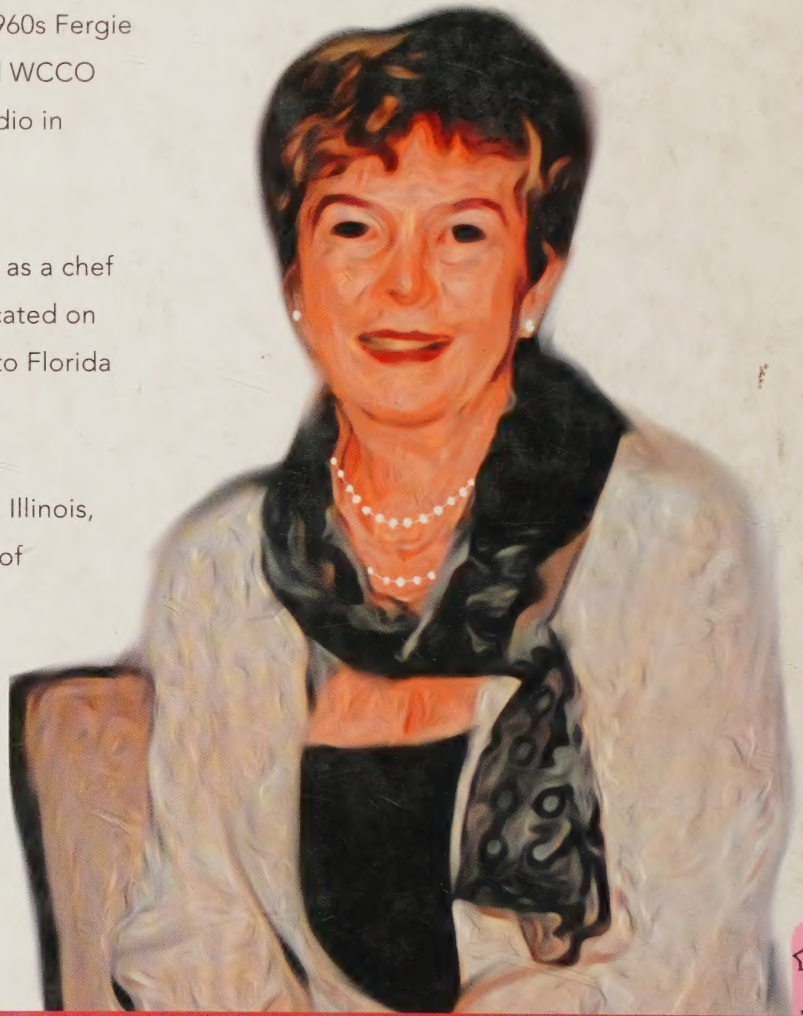
Fergie was born "Louella Ferguson McCrady Dickey" in Minneapolis Minnesota. Her mother, Marjorie Ellis McCrady, was a fixture on WCCO AND KSTP, radio from the early 1920s thru the chaotic era of the 1960s Fergie picked up the baton in the 1950s and joined WCCO radio then WDGY radio and finally KCRO radio in Omaha, Nebraska.

After raising 4 children she began a new life as a chef and owner of her own bed and breakfast located on the Oregon Trail in Nebraska. That trail led to Florida where she became a professional Caterer.

Fergie studied at Monticello College, Alton, Illinois, The University of Minnesota, The University of Hawaii and The Honolulu Academy of Arts.

Chef Fergie is married and currently working at The Sea Glass Inn Bed and Breakfast in Melbourne Beach, Florida.



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